



Taking Care of Your Mental Health

Mental health includes our emotional, psychological, and social well-being. This can affect how we think, feel and act, and determine how we handle stress, make decisions, and treat ourselves and others.¹ In the U.S., more than 1 in 5 adults live with a mental illness, including general anxiety disorder, depression, schizophrenia, and other conditions.²

Mental health issues can increase your likelihood for other health conditions, such as diabetes, heart disease, and stroke.² During your annual physical, your primary care provider will typically perform a mental health screening to identify symptoms of anxiety and depression.

Common signs of mental health conditions include:

- Persistent sadness
- Extreme worry, fear, or anxiety
- Withdrawal from social activities and isolation
- Sleeping more or less than normal
- Changes in weight or appetite
- Difficulty concentrating
- Irritability

Mental health issues don't discriminate — they can affect anyone, regardless of age, gender, race, or socioeconomic status.

If you believe you have a mental health issue but don't know where to start, consider:

- Speaking with a licensed therapist.
- Seeking help from a medical professional, who can prescribe medication if needed.
- Practicing self-care — meditate, exercise, eat well-balanced meals, and try to get 6-8 hours of sleep per night.
- Joining support groups to connect with others who may be dealing with similar issues.
- Talking to someone you trust, such as a friend or family member.

Living with a mental health issue is incredibly difficult. Please know you are not alone.

If you or someone you know is experiencing a mental health crisis, call or text 988 to reach the Suicide and Crisis Lifeline, which is available 27 hours a day, 7 days a week.

Sources:
1. <https://www.samhsa.gov/mental-health>
2. <https://www.cdc.gov/mentalhealth/learn/index.htm>
<https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>

Treatment Disclaimer: This material is for informational purposes and is not intended to be exhaustive nor should any discussions or opinions be construed as legal advice. Contact your broker for insurance advice, tax professional for tax advice, or legal counsel for legal advice regarding your particular situation. USI does not accept any responsibility for the content of the information provided or for consequences of any actions taken on the basis of the information provided. ©2024 USI Insurance Services. All rights reserved.